

ALL-AREA BOYS CROSS COUNTRY TEAM

BOYS RUNNER OF THE YEAR **MATT SALIS**

All-Area  
First Team



Austin  
Cox



Keith  
Demons



Kelly  
Etienne



Jordan  
Kutner



Tyler  
O'Brien



Nick  
Parinelli



Kevin  
Sapp



Austin  
Wade

**AUSTIN COX**  
**Lincoln Park senior**  
**District 13-2A:** 17:46.83 (first).  
**Region 4-3A:** 16:39.18 (third, season-best time).  
**Class 2A state:** 16:45.15 (11th).

**KEITH DEMONS**  
**Vero Beach senior**  
**District 8-4A:** 16:15.87 (second, short course).  
**Region 2-4A:** 17:35.40 (21st).  
**Class 4A state:** 17:28.99 (102nd).

**KELLY ETIENNE**  
**Port St. Lucie senior**  
**District 14-3A:** 17:02.07 (second).  
**Region 4-3A:** 17:04.30 (8th).  
**Class 4A state:** 16:27.60 (34th).

**JORDAN KUTNER**  
**Vero Beach junior**  
**District 8-4A:** 16:30.91 (fourth, short course).  
**Region 2-4A:** 17:39.50 (22nd).  
**Class 4A state:** 17:04.51 (72nd, season-best time).

**TYLER O'BRIEN**  
**Martin County sophomore**  
**District 14-3A:** 17:39.73 (fifth).  
**Region 4-3A:** 17:36.80 (14th).  
**Class 3A state meet:** 17:02.90 (83rd).

**NICK PARINELLI**  
**Martin County junior**  
**District 14-3A:** 17:18.99 (third).  
**Region 4-3A:** 17:08.00 (10th).  
**Class 3A state:** 16:38.69 (52nd, season-best time).

**KEVIN SAPP**  
**Port St. Lucie senior**  
**District 14-3A:** 16:58.17 (first).  
**Region 4-3A:** 17:27.60 (12th).  
**Class 4A state:** 16:37.46 (50th).

**AUSTIN WADE**  
**Vero Beach senior**  
**District 8-4A:** 16:22.64 (third, short course).  
**Region 2-4A:** 17:27.10 (20th).  
**Class 4A state:** 17:29.89 (104th).

The Team

The 2011 Boys Cross Country team was compiled by Laurel Pfahler.



ALEX BOERNER/TREASURE COAST NEWSPAPERS

Vero Beach High School's Matt Salis is the Scripps Treasure Coast Newspapers 2011 Boys Cross Country Runner of the Year.

Mental toughness

Vero Beach's Matt Salis took natural talent, hard work and was the area's top state finisher

By Laurel Pfahler  
 laurel.pfahler@scripps.com  
 772-978-2282

VERO BEACH— Matt Salis decided in ninth grade he needed a fall sport to keep himself active, so he decided to join the cross country team at Vero Beach High School.

He learned the endurance he had built playing soccer as a youth made him a natural fit for running and soon established himself as one of the area's top runners.

This year, during his senior season, Salis earned status as best on the Treasure Coast. As the area's top finisher at state with a 15th-place finish in 16 minutes, 10 seconds in Class 4A, he is the Scripps Treasure Coast Newspapers All-Area Boys Cross Country Runner of the Year.

"I'm a competitive person, so I knew if I was going to run, I needed to really do it," said Salis, whose father, Stephen, ran in college. "I found I had a talent for it, so that made it easier. Freshman year was just the beginning of my running career. It wasn't really until the summer before 10th grade that I got

Runner of the Year

Matt Salis

**Vero Beach senior**  
**District 8-4A:** 15:36.58 (first, on short course)  
**Region 2-4A:** 16:53.20 (fifth)  
**Class 4A state:** 16:10.50 (15th)  
**Coach Martin O'Neal:** "He is dedicated to his craft, the leader of our team and has a tremendous work ethic. He doesn't take a day off. He is determined and so strong mentally. Every runner on my team says, 'I want to be like Matt,' because they see how hard he works and how it pays off. The bigger the stage, the more he shines."

serious about it. I put in something like 450 miles, and it just took off from there."

Salis had run a couple of local 5K races in middle school as a way to stay in shape for other sports, but he had never trained for distance running before his freshman year. Six other freshmen joined the team

when he did, and he credits his teammates for motivating him to truly prepare for races.

Vero Beach coach Martin O'Neal said Salis' "mental toughness" is what made him so successful. Salis was a district champion and finished fifth at regionals.

"He is not what you think about as an elite Florida athlete, but I'd match his mental toughness against anyone," O'Neal said.

O'Neal said Salis took his running to another level this season and "put everything he had into it," knowing he likely was never going to race again after this year. He currently has no plans to run in college.

Salis wishes he would have broken the 16-minute mark — his 15:36 time at districts was on a short course that cut about 30 seconds off everyone's times — but said he has no regrets about how the season ended.

"I was definitely happy with how this season went," Salis said. "I think we performed well as a team. At the beginning of the season, my goal was always to be Top 15, and I achieved that, so it was successful overall."

Honorable  
Mention

**BLAKE BACHMAN**  
 Lincoln Park sophomore

**MARK ANTHONY BOZZO**  
 Treasure Coast sophomore

**AUSTIN DYESS**  
 Jensen Beach junior

**MATTHEW EDWARDS**  
 Pine School sophomore

**CLAY FARLEY**  
 Jensen Beach senior

**BEN FUHRMAN**  
 Martin County sophomore

**JON GONZALEZ**  
 Martin County junior

**IGNACIO SEVERINO**  
 Sebastian River sophomore

**JUSTIN MAY**  
 Lincoln Park junior

**TRAVIS MCHALE**  
 Jensen Beach junior

**MARCUS MILLER**  
 St. Lucie West Centennial sophomore

**CHRISTIAN MOORE**  
 Jensen Beach junior

**JOSH NEGRON-SANTIAGO**  
 Port St. Lucie junior

**JOSH NICHOLAS**  
 Community Christian senior

**RYDER PEPPLER**  
 South Fork sophomore

**CALEB POTTORFF**  
 Lincoln Park seventh-grader

Coach of  
the Year



Mike Lehning

**School:** Martin County  
**Years with team:** First year of second stint  
**This season:** Led the Tigers to the District 14-3A title, a surprise runner-up finish at the Region 4-3A meet and a 17th-place finish at state, which surpassed the FLRunners.com pre-state rankings by four spots  
**Quotable:** "Josh Moberg built this team three years ago. I was fortunate to be able to come back and take over the boys, while he focused on the girls. Now both teams are state level. We were always focused on being our best at the end of the season. All the boys worked hard and deserve all the credit. Our top four boys are returning, so we are excited about next year."

“ I’m a competitive person, so I knew if I was going to run, I needed to really do it. I found I had a talent for it, so that made it easier.”

Matt Salis, Runner of the Year



See previous all-area teams on prepzone.  
 TCPalm.com

All-Area Schedule

FRIDAY  
Girls  
Golf

SATURDAY  
Boys  
Golf

SUNDAY  
Girls Swimming  
& Diving

MONDAY  
Boys Swimming  
& Diving

TUESDAY  
Girls  
Cross Country

WEDNESDAY  
Boys  
Cross Country

THURSDAY  
Girls  
Bowling

FRIDAY  
Boys  
Bowling

SATURDAY  
Volleyball

MONDAY  
Football